



**US Army Corps  
of Engineers** ®  
Galveston District

# The Sand Castle

Volume 21

Number 3

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## UPCOMING EVENTS

March
National Woman's History Month
March 9
BloodDrive
March 10-12
Texas Coastal Issues Conference
March 23
PRB



## A photo project

Lights, camera....GOTCHA!!  
Ever find yourself reading "The Sand Castle" in a very strange place??

Well, if you answered yes to that question, please have someone, possibly a fellow employee, snap your photo and turn it in to the public affairs office. We, then in turn, will publish the funniest in the newsletter.

Thanks,  
*Michele Castelline-Thomas*  
Editor, *The Sand Castle*

## The Houston Ship Channel - Bursting With Life

*By Port of Houston Authority*

Under the guidance of the Beneficial Uses Group (BUG), the birds island, oyster reefs and marches constructed from material dredged to enlarge the ship channel are attracting colonial water birds, oysters and other aquatic life. The BUG, whose membership includes the USACE, the Port Authority, the U.S. Fish & Wildlife Services, the U.S. Environmental Protection Agency, the Natural Resources Conservation Service, the National Marine Fisheries Service, Texas Parks & Wildlife Service, and the Texas General Land Office, maintains a close watch over this robust migration of animal life to the various sites.

The BUG developed the 50-year plan to use more than 350 million cubic yards of silt, sand and clay dredged from the ship



*On the west side of Evia Island, pelicans take advantage of the beach area created out of beneficial use material.*

channel to construct 4,250 acres of inter-tidal wetlands habitat; a six-acre bird nesting island; an offshore underwater berm to produce habitat to attract fish; access channels and anchorages for recreational boaters; 172

acres of oyster reefs to mitigate for oysters impacted along the channel sides slopes and under the mid-bay placement area; and partial restoration of two previously existing islands

*See Houston on page 3...*

## District employee retires after 37 years

Joyce Rac, longtime Corps employee, officially retired as of Mar 1. Her retirement party was held Feb 26, in the Executive Conference Room.

Rac was with the Corps for 36 years and 9 months, which she spent entirely in the Galveston District.

When asked of her retirement plans Rac said, "I plan to do some traveling, help my sister out at her day care, do volunteer work at my Church, and then I would like to do some substitute school teaching at the elementary level."

She is going to miss all of the great people that work in the district.

*Below: Joyce Rac opens gifts at her retirement party.*

*Bottom: Col. Waterworth gives Rac her "shrimp plaque" signed by employees.*



## Web-Enabling USACE Marine Spatial Information for Pilotage Use

In an upcoming issue of *Sea Technology*, Tom Hunt, Bay Area Office, and Kevin Wilson, CARIS, will be publishing their article "Web-Enabling USACE Marine Spatial Information for Pilotage Use." The following is an excerpt from their article.

The US Army Corps of Engineers Galveston District has a responsibility to provide marine spatial information in an accurate and timely manner to clients such as the Pilots navigating the waters of Texas. Increased vessel traffic, tighter under keel clearance requirements, and faster turn around of hydrographic surveys have all contributed to the added pressure for the US Army Corps of Engineers (USACE) to provide a value-added service to its customers.

In fulfilling these responsibilities, the Galveston Corps District has implemented an integrated solution that combines a desktop marine spatial information management tool with web-mapping technology. The desktop

*See Hunt pg 6...*



# Commander's Column



Col. Leonard Waterworth



## The Sand Castle

[www.swg.usace.army.mil](http://www.swg.usace.army.mil)

**A newsletter for and by  
the employees of the  
Galveston District**

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#### LETTERS TO THE EDITOR

Please include an address and phone number on all letters. We reserve the right to edit letters for clarity, style, and space and to use them electronically and in print.

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We are a nation at War. We now have sent almost 10% of Team Galveston to support the War on Terrorism. The War on Terrorism is the nation's number one priority.

I believe the War on Terrorism is critical to the long-term security and safety of our Nation. As we fight this war, critical national assets are prioritized. Following this prioritization the Corps of Engineers Budget has been reduced in FY04 and FY05. There will be funding challenges for the district, for our communities and the industry we serve.

We cannot do everything we have in the past based on the budget estimates. As I said last month, this is not a license for you to slow down because you think we are out of money, continue to identify your funding requirements and I will tell you when or if to slow down.

Now why do I say this? Just look out the window; you will see ships and barges full of products traveling up and down our federal channels. What you really see is economic prosperity, global trade and jobs. As we set the conditions for success for the Iraqi people and their economic prosperity, I believe our nation's focus will turn back to our own national infrastructure and the economic value that the district adds to our nation. Keep in mind that every, dollar invested in navigation returns three dollars in GNP. In fact, today, I heard over CSPAN the discussion by the Committee on Transportation & Infrastructure of the House of Representatives in Congress on national infrastructure priorities.

Remember Team Galveston does not set requirements. Team Galveston does not set national priorities; WE execute legislation and monies on national infrastructure projects along the Texas coastline. Since we are in the execution business we must do everything we can efficiently and effectively use the recourses provided to us, and you are doing a great job.

## Headquarters: P2 and Reorganization

I wanted to provide an update on two critical activities — P2 deployment and the reorganization at the headquarters.

First, the great news concerning P2. I am proud to announce that P2 has been deployed to Fort Worth and Galveston Districts. They will be conducting initial operating capability (IOC) testing of P2 until 5 March. As a learning organization, we will use the lessons learned from Fort Worth and Galveston as we deploy P2 Corps-wide 8 Mar-30 May.

The deployment of P2 represents a significant milestone in our efforts to more effectively manage our business processes using a common automation platform. You can track the P2 deployment schedule and learn more about it at: <https://pmbp.usace.army.mil/>.

This truly represents a critical step forward in our efforts to standardize and integrate our corporate project and financial management processes. I would like to thank everyone involved with P2 and ask for your continued support as we deploy P2 Corps-wide.

Next, many in our Headquarters recently completed their physical relocations as a part of our USACE 2012 initiative. I would like to personally thank all of those involved in these relocations for their flexibility and support. I am confident that our regional implementation teams, program integration divisions, and communities of practice will all enhance our ability to provide even better service to the American people.

Over the past few months, I have had a team working on USACE 2012 Future HQ and Division Design Study. This is one step in transforming the Corps into a more efficient, responsive organization. Certainly the Corps has a proud heritage and continues to serve the Nation and the Armed Forces in many critical ways every day. We have changed in the past in response to our changing situations, and we can do so again if we act properly.

Some have said we need to be smaller, leaner and more responsive. Others have said we must eliminate layers of review, organize to support our business processes and align the support functions to better accomplish the mission. Others have said that the headquarters in Washington and at the regions must better support the Districts in their delivery of quality products.

I agree, and I believe we must change; but I need your help. The Future Design team has spent much time the past few months in studying this problem and developing possible solutions. Their report is available at <http://web2000.wes.army.mil/stakeholders/thosewhoserve.html>.

Over the next few weeks, I'd like for you to read their report, participate in the group discussions that will be scheduled, and make comments on the web site. You can comment individually or provide your input during your participation in the small group discussions.

My intention is for the team to collect comments until March 19<sup>th</sup> and then, by early May 2003, provide me with a report on what steps we should take to accomplish our mission more efficiently in the future. Let me affirm that the only decisions I've made so far are:

- We must improve.
- I want everyone to participate in the review.
- We will not send anyone out the door.
- I will keep you informed.

I'm proud of the work that you do each day to support the Nation and our Armed Forces. I want to be sure that the Corps of tomorrow can continue your crucial work and look forward to your help in this.

Essayons!  
Bob Flowers



Lt. Gen. Flowers



### ***Houston continued from pg1...***

which had eroded over the years.

BUG members continue to evaluate the progress of the project as new life takes hold in the various habitats. Evia Island, the six-acre offshore island that is 10 feet in elevation, was designed specifically for colonial water birds.

Phil Glass, a biologist with the U.S. Fish & Wildlife Service, has been monitoring the acceptance of the island by the intended occupants, “Bird

counts in 2003 found 469 nesting pairs of Sandwich terns, 144 royal terns, 291 black skimmers, and 23 gull-billed terns. We are continuing out planting plans of several native Texas tress species within a half-acre plot on the island’s northern shoreline to encourage the establishment of a permanent, large colony of brush and tree nesters such as brown pelicans, herons, egrets and spoonbills.”

At Bolivar Marsh, approximately 7,500 linear feet



*Seagulls and pelicans are abundant on the Houston Ship Channel.*



*Top: Beneficial use material is spread onto one of the islands in the Houston Ship Channel.*

*Bottom: The northeast corner (looking northward) of the levee constructed to form the four marsh cells at Atkinson Island.*

of new levees were built in 2001 to contain the material for three marsh cells totaling 980 acres. Surprisingly enough in 2002, along these narrow levees, 115 pairs of least terns and six pairs of Forster’s terns nested on these largely investigated areas. The following season, however, the birds did not return, possibly because predators had discovered the area by then.

At Atkinson Island, the vegetation grew vigorously. Perhaps too vigorously.

“The reason this may be unrestricted is that we want the fish and wildlife to have unrestricted access to the interior of the marsh,” says Eddie Seidensticker, a resource conservationist with the U.S. Department of Agriculture’s National Resources Conservation Service.

“Most of this lush marsh growth is due to the high nutrient content of the dredge material. I think eventually things will stabilize,” says Seidensticker.

Atkinson Island is popular with the birds. In 2003, a total of 20 besting pairs of laughing gulls, six gull-billed terns, 12

Caspian terns, 15 royals terns, three Sandwich terns, five Forster’s terns, 20 nesting pairs of black skimmers and 80 least terns could be found there.

“Salt marsh is a favorite habitat of the sharp tail sparrow,” says Seidensticker. “I did not realize that their preferrd food is the seed of the smooth cordgrass that we plant in the marshes. In the fall and winter, they love to cling to the smooth cordgrass seed stalks and really ‘pig out.’”

A boardwalk has been built across the original demonstration marsh where the BUG worked out many of their original plans for the ship channel project.

“We see an abundance of birdlife as we walk on the boards,” says Andy Sipocz, a habitat biologist with Texas Parks & Wildlife. “I see kings rails, from which the saying ‘skinny as a rail’ comes from. The kind rails slip between grass stems in the marsh.”

Redfish Island, which was rebuilt after it eroded and became submerged due to wave action, has had fewer birds than

***See Houston pg 7...***

## **Black History Month - Reach Back and Move Forward**

The Black Employment Program (BEP) held an event on Feb. 11, to celebrate Black History Month. Ms. Anita Bunkley, spoke of her interest in history and the books that she has written. “Reach Back and Move Forward: Using our past to build bridges of understanding,” was the theme.

Bunkley has written six novels, two novellas, and one work of non-fiction. She lectures on topics related to career advancement, personal promotion, attitude adjustment, and making dreams come true. She is a 2000 NAACP

IMAGE AWARD nominee for her contribution to the anthology, *Girlfriends*. She has been a teacher of English, French, and Spanish in both public and private schools, a director of the American Red Cross, and a writer-in-residence with Houston’s Writers in the Schools Program.

Bunkley holds a Bachelor of Arts Degree from Mount Union College. She lives in Houston, Texas with her husband, Crawford, and is represented by Denise Marcil Literary Agency, New York, NY.

*Maj. Hanus presents Bunkley with a commanders coin and welcomes her to the district.*





# FWP Presents- Introduce a Girl to Engineering Day

Woman are severely underrepresented in the engineering profession. Research shows that girls and young women lose interest in subjects and the fields of study leading to engineering careers long before they enter college. This year represents the fourth annual “Introduce a Girl to Engineering Day.” The Federal Womens Program (FWP) held programs at Austin Middle School and Ball High on Feb 25 and Feb 26, respectively.

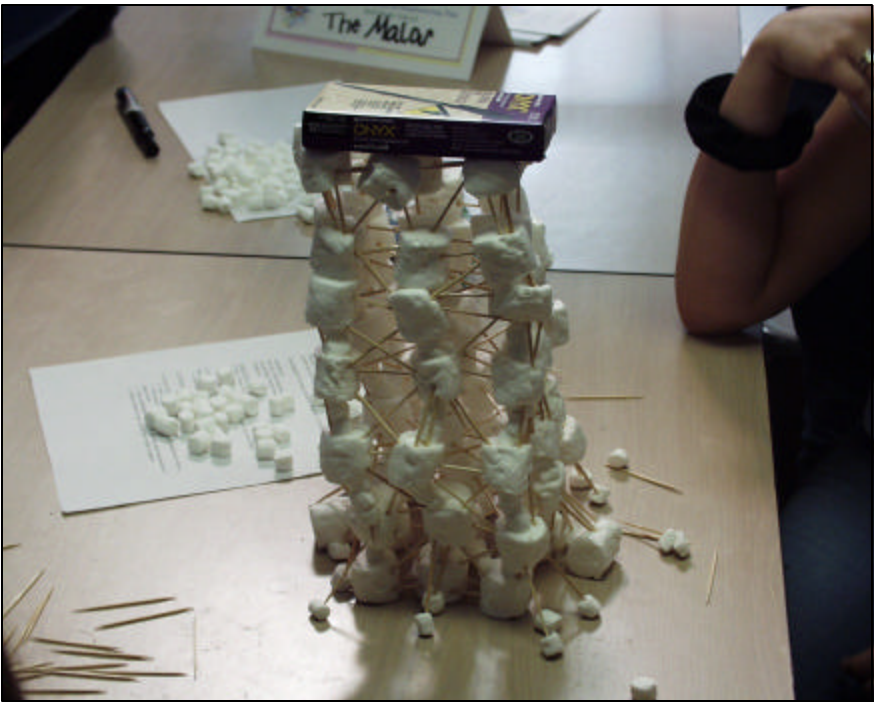
340 students participated in the programs given at the two schools. Both mornings started out with explanations of what engineers really do and the steps to become one.

Capt. Sean Jones spoke to the ladies of Austin Middle School and explained his views of engineering and what they have

been doing over seas. Col. Waterworth met with the ladies of Ball High and made sure they knew that with hard work and education their futures could go anywhere and they could be anything. David Janda, Project Engineering, gave presentations on efforts in the Aransas and Sims Bayou Projects.

The highlight for the students was the hand on exercise after the presentations. They had to plan and build a structure out of toothpicks and marshmallows that would be able to hold a box of pens. The tallest structure that could support the pens would win.

The program was extremely informative and entertaining. The FWP members did an outstanding job.



Clockwise beginning at top:  
FWP members that participated in the events were standing: Kim Crawford, Earnestine Brown-Roach, Jill Wiggins. Seated: Lizette Richardson and Demetrice Jones. Not pictured are Terry Carlson and David Janda. Students at Austin Middle School build their structure with the assigned materials, toothpicks and marshmallows..  
The winning tower at Ball High was 12 1/4". The winning structure not only had to be the tallest, it also had to support a box of pens.  
David Janda listens in as students from Ball High sketch out design ideas. Demetrice Jones explains the rules of the project as one of the Ball High students begins to record her team's ideas.  
Stacey Mullen, Operation Division, a former student of Ball High, and Maria Curren, a senior at Ball High, speak of their experiences in last years FWP presentations.



# Woman's History - From Local to National and from Week to Month

<http://www.nwhp.org/whm/themes/history-of.html>

As recently as the 1970's, women's history was virtually an unknown topic in the K-12 curriculum or in general public consciousness.

To address this situation, the Education Task force of the Sonoma County Commission on the Status of Women initiated a "Women's History Week" celebration for 1978. March 8th, International Women's Day, was selected as the focal point to ensure that the events and celebration would include a multicultural perspective, recognize the connection between and among all women, and celebrate the important role of women in the paid labor force.

The activities and events that were held met with an overwhelmingly enthusiastic response, and within a few years, scores of area schools held programs for Women's History Week. Hundreds of women from the community participated by going into the schools as Community Resource Women, and an annual Real Woman Essay Contest drew hundred of entries, as did an annual women's history parades through the heart of downtown Santa Rosa, California.

## The Week Becomes National

In 1979, Molly Murphy MacGregor, then the Director of the Sonoma County Commission on the Status of Women, was invited to a Women's History Institute at

Sarah Lawrence College to discuss the importance of using Women's History Week as a focal celebration to recognize and celebrate women's historic accomplishments.

The conference was for leaders of women's and girl's organizations throughout the country. The participants decided unanimously to promote the idea of a Women's History Week within their own organizations, school districts, and states. They also agreed to work toward securing an official Congressional Resolution that would declare the week of March 8th as "National Women's History Week."

In March of 1980, President Jimmy Carter issued a Presidential Message to the American people, encouraging the recognition and celebration of women's historic accomplishments during the week of March 8th, Women's History Week. By the end of 1980, then Representative Barbara Mikulski (D-MD) and Senator Orrin Hatch (R-UT) had co-sponsored the first Joint Congressional Resolution that declared the week of March 8th in 1981 as National Women's History Week.

## The National Women's History Project

In 1980, the National Women's History Project (NWHP) was founded in Santa Rosa, California, as a nonprofit corporation by Maria Cuevas,

Paula Hammett, Molly Murphy MacGregor, Bette Morgan, and Mary Ruthsdotter.

The goal was to provide a national clearinghouse for general information about women's history and for specific information about National Women's History Week celebrations. With the support and curriculum materials generated by the National Women's History Project, many state departments of education promoted programs for National Women's History Week as a means toward achieving a more balance curriculum.

Community-based women's organizations sponsored essay contests and other special programs in their local areas. Within a few years, thousands of schools and communities were

celebrating National Women's History Week. These events were supported and encouraged by resolutions from governors, city councils, school boards, and the United States Congress.

## March is National Women's History Month

In 1987, at the request of women's organizations, museums, libraries, youth leaders, and educators throughout the country, the National Women's History Project successfully petitioned Congress to expand the national celebrations to the entire month of March. A National Women's History Month Resolution was quickly approved with strong bipartisan support in both the House and Senate.

# National Woman's History Month

*Contributed by Kim Crawford*

The first Joint Congressional Resolution designating Women's History Week was passed on 1981. This year marks the 17th anniversary of our national celebration of women's history. In 1987, a Congressional Resolution expanded Women's History recognition and celebration to the entire month of March.

The Federal Women's Program (FWP) will be hosting several events in the Galveston District's celebration of Women's History during the month of March. These events will be dedicated to "health issues" faced by women in particular. However, the information presented will be beneficial for all those that will participate. Therefore we encourage ALL to participate...Remember, Knowledge is Power.

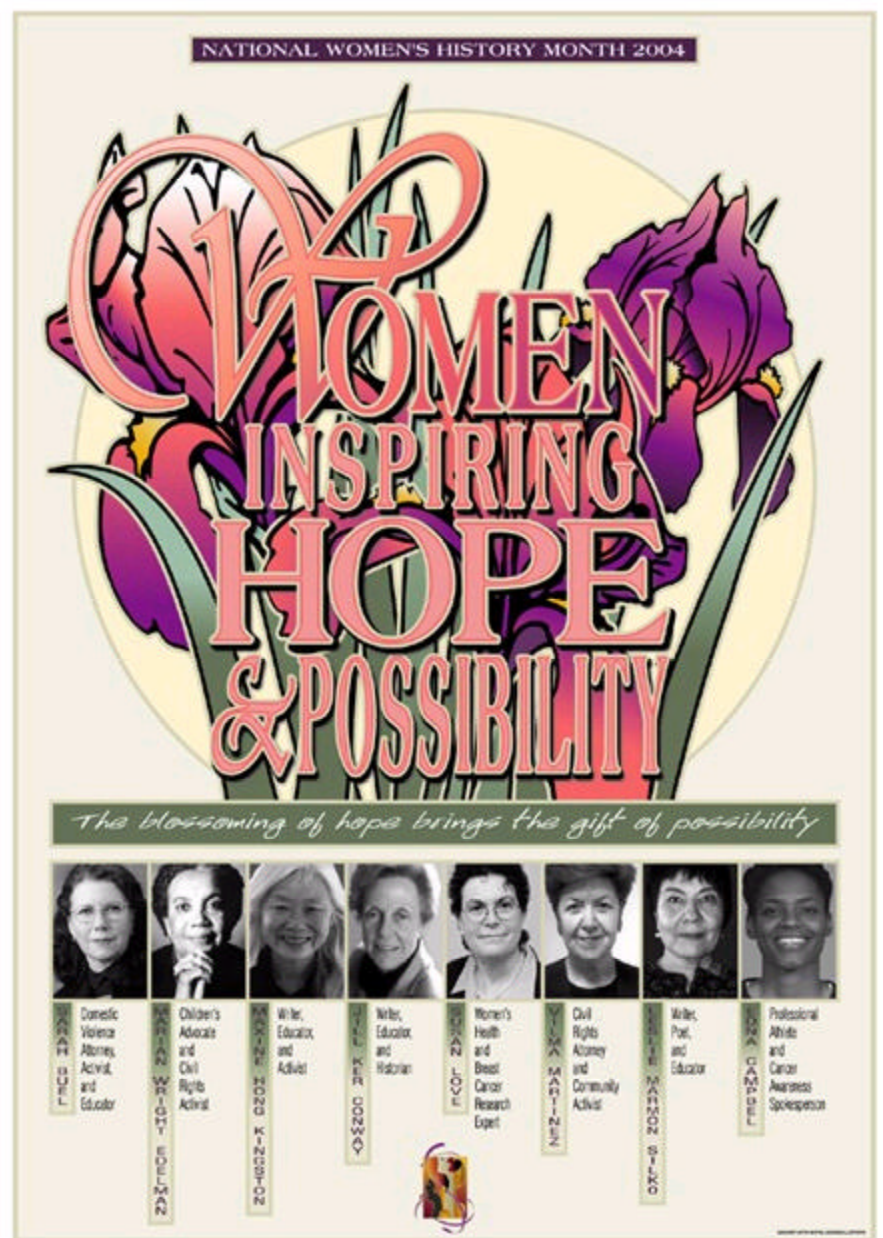
One of these events is a Lunch-n-Learn with GS 9 - 12

women of the District. This discussion will be focused on career development, promotion potential and under representation issues. This will be a open forum to allow the women of the District to voice any questions or concern relating to these topics.

The theme for this year is "Women Inspiring Hope and Possibility", incorporates both pioneering women from U.S. history, who led and won struggles for equality and civil rights, created and advanced educational and professional opportunities, and made great contributions to the arts, sciences, and humanistic causes, and innovative women of today who further these efforts and continue to expand the frontiers of possibility for generations to come.

Astronaut Heidemarie Stefanyshyn-Piper will make an

*See FWP pg 8...*



## Famous Firsts by American Women

*by Ann-Marie Imbornoni, David Johnson, and Elissa Haney*

**1587** – Virginia Dare is the first person born in America to English parents.

**1707** – Henrietta Johnston begins work as a portrait artist in Charleston, SC, making her the first known professional woman artist in America.

**1767** – Anne Catherine Hoof Green takes over her late husband's newspaper business, becoming the first American woman to run a print shop. The following year she was named the official printer of the colony of Maryland.

**1872** – Victoria Claflin Woodhull becomes the first woman presidential candidate in the United States when she is nominated by the National Radical Reformers.

**1933** – Frances Perkins was appointed secretary of labor by President Roosevelt, making her the first woman member of a presidential cabinet.

**1983** – Dr. Sally K. Ride becomes the first American woman to be sent into space.

**2001** – Condoleezza Rice is the first woman to serve as national security advisor.



Admiral Nimitz and General MacArthur: Contrasts in Leadership

Admiral Nimitz and General MacArthur are on a boat. The boat sinks, leaving the two of them holding tight to a piece of the wreckage. Nimitz confides, “It’s a good thing my men can’t see me like this. I can’t swim.” MacArthur replies, “And it’s a good thing my men can’t see me. I can’t walk on water.”

If you are familiar with either of these gentlemen, then you know that they were both very instrumental leaders in the Pacific Theater during World War II, and General MacArthur continued on to be the Commander of the United Nation’s Forces during most of the Korean War. I didn’t use this joke to make light of powerful leaders, but to illustrate the difference in two leadership styles. A leadership style is defined as the pattern of behaviors used when you are trying to influence the behaviors of those you are trying to lead. Each leadership style can be identified with a different approach to problem solving and decision-making.

The fundamentals of the leadership styles can be broken into two disciplines, directing and supporting. The directing leader tells their team what, how, where and when, without getting advice from others. They supervise their team very closely. A supporting leader gives direction and then steps back and aids their team by providing praise, listening to the team members and facilitating as needed. A blend of these two disciplines creates four distinct methods; directing, coaching, supporting and delegating. A directing method uses a lot of direction and very little support. A supportive method uses, yep you guessed it, a lot of support and very little direction. If you want to use a coaching method, you use a blend of high directing and high supporting, or you can be a delegating leader by using a combination of low directing and low supporting.

So lets take a look back at our joke and see if we can figure out our leader’s styles. Let’s start with the assumption that

since both men are very high-ranking military officers, they both use the directing style a large part of the time. In the joke, MacArthur is concerned that his troops would no long see him as invincible, and Nimitz is concerned that his men will see his weakness. I imagine that MacArthur’s self-image is of himself standing on the water demanding that his men swim and even critiquing them on their swimming form while Nimitz’s self-image is of himself swimming amongst his men and encouraging them to survive. MacArthur’s style seems pretty apparent. He uses a directive style. But Nimitz is a little more complex, using a combination of directive and supportive, he would probably fall into a coaching style.

So which is the correct style? There is no absolute correct style. However, the objective is to match a given style for a specific situation. The challenge is to master the ability to change your leadership style for a given situation. This is the underlying

reason why the Army spends so much time and effort teaching leadership to all levels of its ranks. If you’re interested in improving your leadership skills, consider applying for the Leadership Development Program or the Emerging Leaders Program. Both are available here in the District.

And as a final note, while General MacArthur may have actually believed he could walk on water, Admiral Nimitz did know how to swim and in 1907 was awarded the Silver Lifesaving Medal for saving a seaman who really couldn’t swim. Now that’s leadership by example!



Hunt continued from pg 1...

software, CARIS BEAMS, provides tools such as nav aids and bathymetric data storage and management, survey planning, channel condition reports, volumetric calculations, contouring and data visualization. The web-mapping solution, CARIS BEAMS Web, brings the results of the USACE

data analysis to the customer in a timely and cost effective environment. BEAMS Web supports distributed databases and enables Pilots to browse, view, and query the information they need to do their job.

An organization as large as the USACE handles tremendous amounts of data on a daily basis. Some of this data is arriving

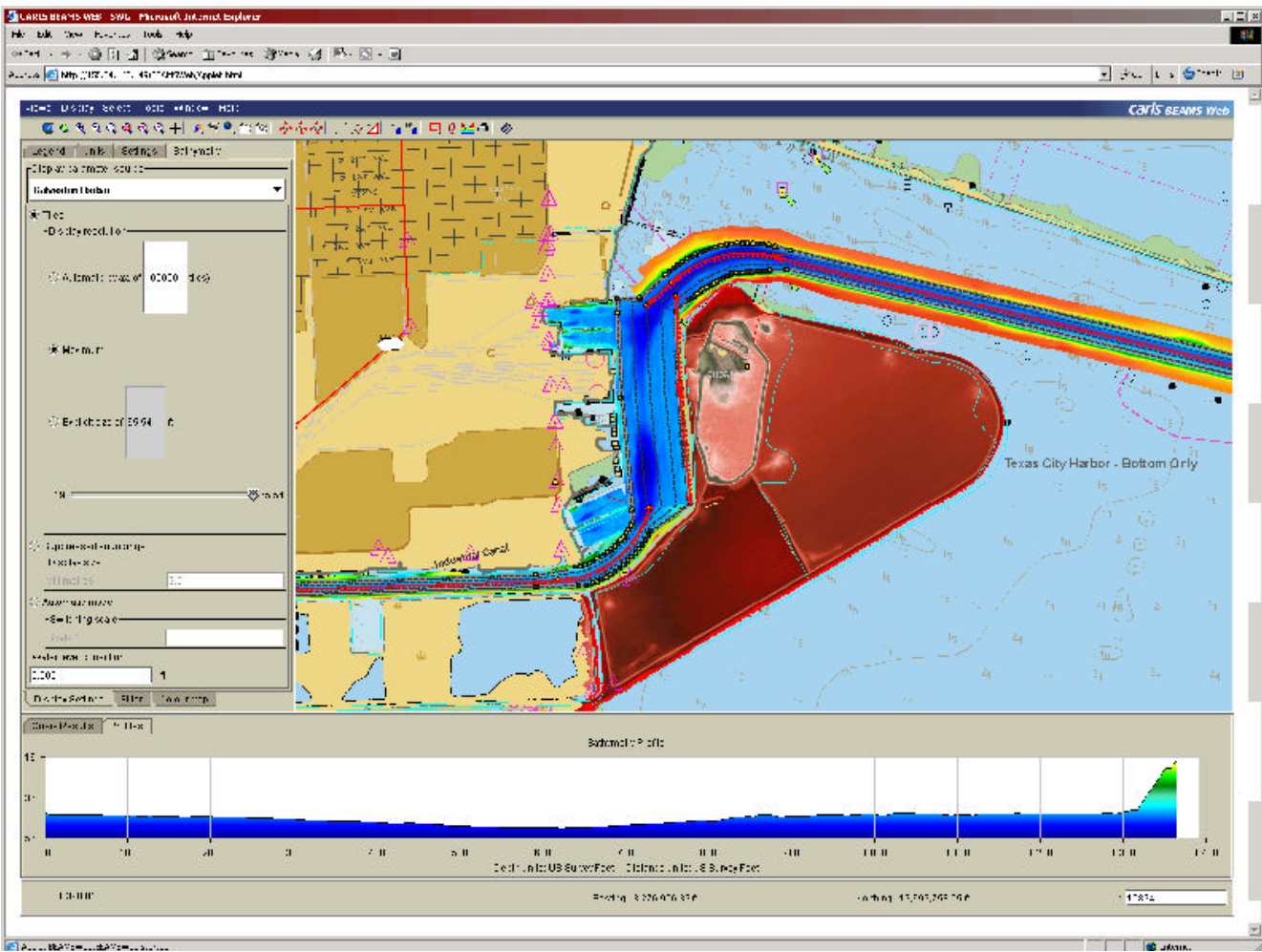
from, or being sent to contractors. Other data is acquired, processed, and analyzed internally by USACE. Regardless, several users are handling many survey files, databases, and reports every day.

Many of the daily tasks undertaken by the Galveston District office until now were hindered by the lack of an

effective data management mechanism to oversee operations as a whole. This affected specific areas such as the creation of hydrographic reports, survey planning, and other products. For example, the fact that survey files could only be opened and analyzed individually through the original system made it difficult and laborious to visualize the waterway as a whole to produce compiled results such as hydrographic reports.

During an initial meeting in June 2002 with CARIS, a geomatics software company and world leader Marine Information Systems, the Galveston District expressed a need to implement a data management system that would allow them to better keep track of their data and maintain a more controlled environment over their information distribution channels.

Several discussions and meetings then took place to map out a solution that would allow the District to reach its goal in as short a timeframe as possible. Less than one year later, in March 2003, the District started production on their new system.



BEAMs web internet browser shwoing Texas City Turning Basin with the Electronic Navigational Chart (ENC) as background.

See BEAMS pg 7...



*Houston continued from pg 3...*

desired. The island is a favorite destination of Galveston Bay boaters, and an anchorage was created to accommodate their needs while the elevated island remains reserved for the birds.

Evidence of beach camping on the bird portion of Redfish Island may be the reason why only five pairs of Forster's terns and five pairs of black skimmers made use of the island this year. The BUG plans to add signage on the island to discourage activity that disturbs the wildlife.

In additions, surveys of the oyster reefs created by the BUG to mitigate ones lost during the widening of the channel show that market-sized oysters can be found on these new habitats.

"Although the nesting totals were down in 2003 over the previous year, eight species were counted, representing the most species yet to use the BUG's areas for nesting," says Glass.

The BUG members are confident this diversity will continue to grow, and additional adjustments to stimulate water circulation in marches and other changes will encourage the proliferation of even more life in Galveston Bay and the Houston Ship Channel.

## Relaxing work is no longer an oxymoron...

Working out during the lunch break does not have to be a fast paced hassle. Yoga offers a relaxing, health alternative to the usual intense lunch workout. Yoga encourages strength, flexibility, balance, concentration, and conscious relaxation.

"The current yoga session runs for 8 weeks, from 13 January to 1 March. Classes meet usually on Mondays during the lunch hour, 11:30 to 12:30, but because of holidays, some classes are held on the Tuesday immediately following holidays," explained Carol Hollaway explained. "The cost of the 8-week session is \$60 or \$10 for individual classes. Space is the only limitation to participation. Currently 15 people have enrolled in the 8-week session, but visitors are welcome to try yoga and would pay the individual class price."

Kathleen DiNatale is the visiting yogi and has been developing her practice over 20 years. She is affiliated locally

with Island Yoga on Postoffice Street but also teaches on a visiting basis at the Moody Gardens Hotel and at the Moody Methodist Church.

DiNatale presents a regime that combines many different varieties of yoga but primarily focuses on Hatha Yoga, which is the physical posturing that most people associate with the practice of yoga.

Yoga helps to relieve many of the health issues that are associated with a sedentary workplace. Because of this, DiNatale presents postures that help relieve back and hip pain when she holds class at the Corps. While the postures may seem very simplistic, holding them takes stamina and also makes the student focus on balance and breath. At the end of the session, students are tired but relaxed and pain free.

Bringing yoga to the workplace is a good way to reach those people who can really benefit from it. Yoga takes very little space and few



props, making it highly transportable. Generally, all that is needed is a yoga mat, which helps in stabilizing your feet and maintaining balance, comfortable, stretchy clothing, and bare feet. A rug or other mat can substitute for a yoga mat so long as it keeps your feet from slipping.

Plans are to keep the yoga sessions following one another so long as space is available and a yogi is willing to visit the building. Galveston College also offers yoga through its workforce development classes if taking yoga after work is more appealing. Classes through Galveston College are offered on Tuesday and Thursday nights and are held at Island Yoga.

## Open Houses Discuss Clear Creek

The Galveston District hosted two open houses for the Clear Creek Project on Feb. 24 and Feb. 26.

The study team performing the reevaluation of flood damage reduction measures for the watershed provided a

project status report and discussed findings on baseline conditions developed for the study.

One-on-one discussions with the study team along with the local sponsor allowed the public to voice any concerns.

A short video describing the project's history, the baseline conditions, the planning process, and the projects current status was available for viewing.

*Left: Diane Laird answers questions from a couple who were attending the Clear Creek open house.*

*Below: Greg Croush and Kristin Seidensticker of Crouch Environmental Services, Inc., sign in Clear Creek watershed residents at the public meeting at Freindwood High School.*



*BEAMS continued from pg 6...*

After already achieving a large portion of their initial goals, the District is already looking at possible future enhancements for the project. Following some demonstrations of the system that were made to the industry, the oil and gas companies took interest in adding some value to the system by enhancing the channel framework data to also include pipeline routes and other relevant information.

Another planned addition is to include the real-time water level with the bathymetric data. The information would come straight from the NOAA Physical Oceanographic Real-Time System (NOAA PORTS). BEAMS Web has the ability to correct the bathymetric display using zone-based water-level correction parameters. BEAMS Web technology has already been tested using PORTS as an input and proved successful.

For more details on the Galveston District Web-based Marine Spatial Information System, visit the 2004 Geospatial Technology Symposium and Exposition in San Antonio, Texas this August. <http://tsc.wes.army.mil/>

[center\\_info/symposium/2004symposium.asp](http://center_info/symposium/2004symposium.asp)

Only one and a half years after there initial decision to take action, the Galveston District is already well on its way to achieving its goal of improving client relations, quality of work, and data management.

The work started in the Galveston District office has already expanded to Port Arthur, one of its regional offices. Port Arthur is expected to begin production by the end of the first quarter of 2004.

Supported by USACE-TEC and being mimicked by other districts, the Galveston District hopes to set the standard for a new generation of information sharing between districts and out to its clients such as NOAA and the shipping industry.

The software can be found on the Galveston District website at <http://beams.swg.usace.army.mil/index.html> and at the intranet site <http://swg-ws-ec-beams:8080/index.html>.

For further information or for question please contact Hunt at (409)-766-3918, Mike Sells at (409)-766-6349, or Rick Vera at (409)-766-3142.

# Wellness - Coffee Comforts

Contributed by Cindy Burke

Ever wonder why you love coffee so much?

Maybe you love the smell of the fresh grounds. Maybe you love holding a warm steamy mug in your hands on a cold morning.

Maybe it's the delicious nutty aroma and flavor of a fresh cup of coffee. Maybe you love shopping for fresh beans with exotic names and discovering new concoctions dreamed up by the popular coffee shops springing up on every corner. Or maybe you love the way it makes you feel.

Ever wonder why it makes you feel so good?

I decided to do a little research on the internet to learn just what biochemical changes are going on each time we enjoy a hot fresh cup of coffee.

I discovered the following information at "howstuffworks.com."

First of all, we all know too much caffeine will keep us from sleeping. How?

It affects the action of adenosine in our brain. We get

sleepy when adenosine binds to receptors.

The binding of adenosine causes drowsiness by slowing down nerve cell activity. To a nerve cell, caffeine looks like adenosine

Caffeine therefore binds to adenosine receptors; however, it doesn't slow down the cell's activity like adenosine would. Instead, it speeds them up.

The cell cannot "see" adenosine anymore because caffeine is taking up all the receptors adenosine binds to.

The result? We get wired instead of tired.

Most of us have probably experienced getting overly nervous when we drink too much coffee.

Why does this happen? The caffeine binding to the adenosine receptors increases neuron firing in the brain.

The pituitary gland sees all of the activity and thinks some sort of emergency must be occurring, so it releases hormones that tell the adrenal glands to produce adrenaline (epinephrine). Adrenaline is the "fight or

flight" hormone, and it has a number of effects on your body: increased heart rate, opening of the breathing tubes, rise in blood pressure, and increased blood flow to muscles. If we don't burn off that increase in adrenaline by actually fighting or running away, it builds up in our systems and we feel jittery.

If coffee always made us feel jittery, though, I don't think we'd like it so much. When we enjoy it in moderation, I think the main reason we drink it is because it just plain makes us feel good.

How does it make us feel good?

Caffeine increases dopamine levels in the same way that amphetamines do. Dopamine is a neurotransmitter that, in certain parts of the brain, activates the pleasure center.

It is suspected that the dopamine connection contributes to caffeine addiction.

So you can see why your body might like caffeine in the short term, especially if you are low on sleep and need to remain active.

Caffeine blocks adenosine reception so you feel alert. It



injects adrenaline into the system to give you a boost. And it manipulates dopamine production to make you feel good.

If you find yourself stuck in an unhealthy cycle due to your caffeine intake, the website recommends a book called "Caffeine Blues." Otherwise, I don't see why moderation wouldn't work to minimize the negative effects.

I have asked many doctors their opinion on this, and most agree that 1 to 2 cups a day, especially if you consume it well before bedtime, is not going to hurt most people. That's my plan! Give it up?? Never!

FWP continued from pg 5...

appearance and presentation as part of our celebration of Science Week and our Federal Women's Program celebration of Women's History Month. The event is tentatively scheduled for 10:00-11:30 a.m. Tuesday, March 23, 2004 at the district office in Galveston, Texas. We are opening this event to personnel from the Galveston District, U.S. Coast Guard, and the Texas A&M-Texas National

Guard Seaborne Challenge Corps, as well as the science classes at the middle schools on Galveston Island. With your help, we hope to provide an opportunity for others to learn more about science while at the same time recognizing the contributions women have made to our country through the field of science.

If you have any questions, contact Kim Crawford at x3146.

## Castle Comments

### Speakers...

**Janet Thomas Botello** spoke to the Greater Houston Partnership - Clean Water & Wetlands Committee on Feb. 10. The talk provided updates with respect to ongoing Regulatory issues and program changes.

**Ryan Fordyce** spoke about the regulatory process to students from Texas A&M at Galveston.

### Congrats!

**John Machol** has been selected into the Emerging Leaders Program (ELP) for 2004. Machol represented the Galveston District at the Annual Emerging Leaders Conference to be held in Dallas the week of 17 March.

**Kristine Brown** with the Addicks & Barker Reservoir and **Robert George** with the Colorado River Locks have been selected into the Emerging Leaders Program (ELP) for 2004. Both will represent the Galveston District at the Annual Emerging Leaders Conference to be held in Corpus Christi the week of 29 March.

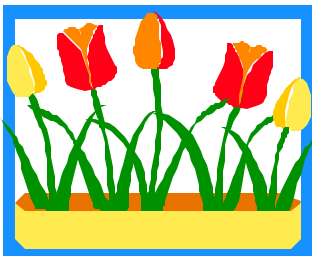
### Condolences...

Double tragedy has hit the family of **Pauline Villalobos**, Information Management Office. Victor Villalobos, Sr., father of Villalobos, passed away Feb. 6, 2004, and Robert Villalobos, Sr., brother of Villalobos, passed away suddenly Feb. 18. Please keep her family in your prayers during this difficult time.

**Lisma Deura**, Texas A&M Food Service, passes away Feb. 17, 2004. Deura worked two jobs in order to support his family in Haiti, they were the most important thing to him. Please keep his family in your thoughts and prayers.

### Updates...

On Saturday Feb. 28, **Joanne Williams** shipped an estimated 60 pair of shoes to **Steve Ireland** for distribution to Iraqi children. Thank you for your generosity and great response.



Just a reminder!  
4th Annual  
Fort Worth District  
Spring Bass Tournament  
Sam Rayburn Lake, Texas  
Saturday April 3, 2004  
Twin Dikes Park  
at  
Sam Rayburn Lake  
6:00 am to 3:30 pm